

Week No 1

SCHOOL MENU

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	5th September	6th September	7th September	8th September	9th September
LUNCH CONTINENTAL					
SALAD BAR	Diced Cucumber, Tomato, Carrots, Beetroot	Diced Cucumber, Tomato, Carrots, Beetroot	Diced Cucumber, Tomato, Carrots, Beetroot	HOLIDAY	HOLIDAY
	Red & Regular Cabbage / Three Beans	Mix Sprouts / Romaine Lettuce	Boiled Corn / Tofu		
	Lemon Honey, Vinaigrette, Mustard, Thousand Island	Lemon Honey, Vinaigrette, Mustard, Thousand Island	Lemon Honey, Vinaigrette, Mustard, Thousand Island		
NON VEG	Cajun Spiced Chicken	Grilled Chicken with Hot Garlic Sauce	Irish Stew (Mutton)		
VEG1	Cauliflower Mornay	Mac N Cheese	Mash Potato		
VEG2	Steamed Veg (Carrot, Green Peas, French Beans)	Steamed Veg (Baby Corn, Zucchini, Sweet Potato)	Veg Stew		
BREAD			Herb Rice (Option with Mutton Stew)		
Indian	LUNCH INDIAN				
Veg1	Bhindi Home Style	Paneer Do Pyaza	Cabbage Home Style		
VEG2	Rajma Masala	Veg Kofta Curry	Matki Usal		
Dal	Dal Methi	Dal Fry	Kadi Pakoda		
RICE	Steam Rice	Plain Pulav	Khichdi/Plain Rice		
Roti	Chapati/Tawa Paratha	Phulka	Chapati		
DESSERTS					
FRUITS	Cut fruits	Cut fruits	Cut fruits		
DESSERTS	Carrot Muffin		Gulab Jamun		
ACCOMPANIMENTS	Papad/Pickle/Raita				

Week No 2					
SCHOOL MENU					
DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	12th September	13th September	14th September	15th Septemeber	16th September
LUNCH CONTINENTAL					
SALAD BAR	Diced Cucumber, Tomato, Carrots, Beetroot	Diced Cucumber, Tomato, Carrots, Beetroot	Diced Cucumber, Tomato, Carrots, Beetroot	Diced Cucumber, Tomato, Carrots, Beetroot	Diced Cucumber, Tomato, Carrots, Beetroot
	Chinese & Red Cabbage/Bell Pepper	Boiled Corn /Tofu Salad	Iceberg /Chef Salad	Mix Sprouts /Black & Red Beans	Mix Pasta /Boiled Chicken
	Lemon Honey, Vinaigrette, Mustard, Thousand Island	Lemon Honey, Vinaigrette, Mustard, Thousand Island	Lemon Honey, Vinaigrette, Mustard, Thousand Island	Lemon Honey, Vinaigrette, Mustard, Thousand Island	Lemon Honey, Vinaigrette, Mustard, Thousand Island
NON VEG	Chicken Peri Peri Wrap	Assorted Omelette	BBQ Chicken	Chicken Fillet	Chicken Calzone
VEG1	Tofu Peri Peri Wrap	Pasta (Tomato Sauce)	BBQ Tofu	Veg Singapore Noodles	Veg Calzone
VEG2	Steamed Veg (Mushroom, Zucchini, Carrots)	Steam Veg (Sweet Potato, Beans, Broccoli, Carrots)	Corn on Cob	Veg Fried Rice	Toss Parsley Potato
BREAD		Sliced Bread			
Indian	LUNCH INDIAN				
Veg1	Cauliflower Capsicum HS	Avial	Bhindi Jaipuri	Mix Veg Homestyle	Pav Bhaji
VEG2	Chawli Masala	Beans Foogath	Malai kofta	HS Masoor Curry	Paneer Tikka Masala
Dal	Dal Achari	Sambar	Dal Makhani	Dal Tadka	Dal Fry
RICE	Steam Rice	Plain Rice	Jeera Rice	Plain Pulav	Veg Dum Biryani
Roti	Chapati	Phulka/Kerala Paratha	Chapati	Pulka	Chapati
DESSERTS					
FRUITS	Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits
DESSERTS	Oat Cookies		Bread Butter Pudding		Ice Cream
ACCOMPANIMENTS	Papad/Pickle/Raita				

Week No 3

SCHOOL MENU

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	19th September	20th September	21st September	22nd September	23rd September
SALAD BAR	Diced Cucumber, Tomato, Carrots, Beetroot	Diced Cucumber, Tomato, Carrots, Beetroot	Diced Cucumber, Tomato, Carrots, Beetroot	Diced Cucumber, Tomato, Carrots, Beetroot	Diced Cucumber, Tomato, Carrots, Beetroot
	Red & Regular Cabbage / Three Beans	Boiled Corn / Bell Pepper	Boiled Chicken / Romaine Lettuce	Iceberg / Corn	Mix Lettuce / Tofu
	Lemon Honey, Vinaigrette, Mustard, Thousand Island	Lemon Honey, Vinaigrette, Mustard, Thousand Island	Lemon Honey, Vinaigrette, Mustard, Thousand Island	Lemon Honey, Vinaigrette, Mustard, Thousand Island	Lemon Honey, Vinaigrette, Mustard, Thousand Island
NON VEG	Chicken Tikka Roll	Assorted Omelets (Cheese, Masala & Mushroom)	Jamaican Spice Chicken	Shepherds Pie (Mutton)	Chicken Pizza
VEG1	Paneer Tikka Roll	Pasta (Tomato Sauce with Cheese)	Spinach Caneloni	Spaghetti Neapolitan (With Vegetable & Tofu)	Margherita Pizza
VEG2	Steamed Veg (Baby Corn, Green Peas, Cauliflower)	Steamed Veg (Sweet potato, Beans, Broccoli, Carrots)	Steamed Veg (Baby Corn, Zucchini, Sweet Potato)	Steamed Veg (Carrot, Green Peas, French Beans)	Potato Wedges
BREAD					
Indian	LUNCH INDIAN				
Veg1	Bhindi Homestyle	Cabbage Homestyle	Veg Kadai	Gobi Capsicum	Dahi Wada
VEG2	Moong Masala	Chawli Usal	Matar Paneer	Chole Masala	Paneer Lababdar
Dal	Dal Fry	Kadhi Pakoda	Dal Amritsari	Dal Makhani	Dal Takda
RICE	Plain Rice	Moong Dal Khichadi	Jeera Rice	Steam Rice	Veg Dum Biryani
Roti	Phulka	Phulka	Chapati	Chapati	Phulka
	DESSERTS				
FRUITS	Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits
DESSERTS	Chocolate Brownie		Vanilla Slice Cake		Ice Cream
ACCOMPANIMENTS	Papad/Pickle/Raita				

Week No 4

SCHOOL MENU

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
DATE	26th September	27th September	28th September	29th September	30th September
SALAD BAR	Diced Cucumber, Tomato, Carrots, Beetroot	Diced Cucumber, Tomato, Carrots, Beetroot	Diced Cucumber, Tomato, Carrots, Beetroot	Diced Cucumber, Tomato, Carrots, Beetroot	Diced Cucumber, Tomato, Carrots, Beetroot
	Iceberg /Mix Sprouts	Boiled Corn / Bell Pepper	Chinese & Red Cabbage/Mix Pasta	Black & Red Beans / Tofu	Iceberg / Mushrooms
	Lemon Honey, Vinaigrette, Mustard, Thousand Island	Lemon Honey, Vinaigrette, Mustard, Thousand Island	Lemon Honey, Vinaigrette, Mustard, Thousand Island	Lemon Honey, Vinaigrette, Mustard, Thousand Island	Lemon Honey, Vinaigrette, Mustard, Thousand Island
NON VEG	Chicken Cutlet	Chicken Sandwich	Chicken Lasagna	Chicken Teriyaki (Sauce Separate)	Chicken Quesadilla
VEG1	Lentil Cutlet	Corn & Cheese Sandwich	Veg Lasagna	Penne Arrabiata	Veg Quesadilla
VEG2	Steamed Veg(Beans,Carrote, Cauliflower, Green Peas)	Potato Wedges	Steamed Veg (Mushroom, Zucchini, Carrots)	Steamed Veg (Sweet Potato, Beans, Broccoli, Carrots)	Corn On The Cob
BREAD	Bread Slice				Sour Cream and Salsa (No Coriander)
Indian	LUNCH INDIAN				
Veg1	Tawa Vegetable	Paneer Bhurji	Beans Homestyle	Bhindi Jaipuri	Vada Pav With Lasooni Chutney
VEG2	Black Chana Masala	Rajma Masala	Chole Masala	Veg Maratha	Paneer Tikka Masala
Dal	Methi Dal	Dal Fry	Dal Tadka	Plain Dal	Dal Adraki
RICE	Jeera Rice	Plain Rice	Plain Pulav	Steam Rice	Veg Biryani
Roti	Chapati	Phulka	Phulka/Puri	Chapati	Phulka/Paratha
	DESSERTS				
FRUITS	Cut fruits	Cut fruits	Cut fruits	Cut fruits	Cut fruits
DESSERTS	Banana choco chip muffin		Raisin Cookies		Ice Cream
ACCOMPANIMENTS	Papad/Pickle/Raita				